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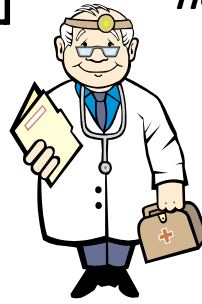
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**EDUGUIDE - PO BOX 2340 NORTH RINGWOOD VIC 3134 / 0416116952**

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The Masters are intended as an aid to teachers and are not a definitive course outline or summary. They represent the authors' interpretation and approach and are not endorsed by any governing body. They provide the individual teacher with the opportunity to mould them to suit their circumstances and thereby satisfy themselves that they have adequately met the requirements of their courses.

Any similarities to existing worksheets are coincidental.



The health care industry plays a huge role in the rehabilitation of athletes from sporting injuries.

Health care professionals provide health care to a range of participants from the elite athlete to the recreational enthusiast. Their aim is to return people to exercise, training and competition as quickly and safely as possible and to ensure that they are physically capable of participating without the risk of re-injury.

1. Briefly explain the process of rehabilitating an athlete from the moment the injury occurs through to the time of resuming competition.  
Explain the key phases of the rehabilitation time-line.
2. Explain the role of the following health professionals in rehabilitating athletes who have suffered an injury :
  - (a) Doctor.
  - (b) Physiotherapist.
  - (c) Chiropractor.
  - (d) Exercise physiologist or physical trainer.
  - (e) Pharmacist.
3. Are there any other health care professionals who could play a role in the rehabilitation of an athlete from a sports injury ? List them and explain their role in the rehabilitation process.



There is a wide range of health care professionals in our communities and therefore a wide range of services that can be accessed by anyone injured whilst exercising or competing in sport.

Choosing a health care professional will depend on the type and severity of the injury, the cost of treatment and personal preference as to treatment options

### **TASK :**

Choose an area of sports medicine of interest and arrange to visit a health care professional at their practice.

Prepare and administer a survey in order to investigate the specific role of the health care professional and understand the treatments and rehabilitation techniques provided

Document your findings in the form of a written report along the following lines.

- \* The health care professional surveyed and why ?
- \* Qualifications and experience of the health care professional.
- \* Location and type of practice.
- \* Patients treated. ( gender / age / states of health / volume / etc.. )
- \* Types and severities of injuries or conditions treated.
- \* Methods of treatment provided and their benefits.
- \* Techniques / medicines / equipment used.
- \* Etc.....



At some point in time, most people will seek out advice and treatment from a health care professional for an injury sustained due to physical activity, exercise or sport.

The health care professional will decide on the best treatment procedures in consultation with the athlete. The range of treatment techniques is growing as the medical industry conducts more research and develops new treatment techniques.

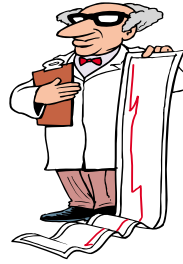
The treatment technique will vary depending on the type of injury and the type of health care professional one chooses.

#### TASK :

1. Explain the following rehabilitation techniques.  
Discuss the health care professional who would normally perform the treatment, how the treatment works and any specific equipment or medications used.

- \* R I C E
- \* Massage
- \* Ultrasound
- \* Interferential therapy
- \* Joint mobilisation and manipulation
- \* Hydrotherapy
- \* Pilates or yoga
- \* Hyperbaric chambers
- \* Muscular strengthening exercises
- \* Stretching exercises
- \* Swiss balls
- \* Orthotics
- \* Cortisone treatments& Anti-inflammatory drugs
- \* Steroids

2. Are there any alternative rehabilitation treatments available to today's athletes ?  
Who provides these treatments and how do they work ?  
Discuss their role in returning athletes to training and competition.



The rehabilitation of sports injuries will involve several phases :

1. Immediate first aid.
2. Appropriate treatment by a health care professional.
3. A return to training.
4. A return to competition.

The sports injury rehabilitation techniques available are many and will vary depending on the type and severity of the injury and the health care professionals involved in the treatment.

### **TASK :**

For each of the sports injuries listed below discuss :

- (a) the immediate treatment or first aid procedures and why ?
- (b) the rehabilitation procedures:
  - (i) the health care professional(s) usually involved.
  - (ii) the types of treatment provided and why ?
- (c) the probable time period of rehabilitation.
- (d) procedures for determining when a return to
  - (i) training is possible.
  - (ii) competition is possible.
- (e) the procedures or techniques used to minimise the risk of re-injury.

### **SPORTS INJURIES :**

- \* Dislocation
- \* Fracture
- \* Muscle strain
- \* Ligament sprain
- \* Haematoma or “cork”
- \* Concussion
- \* Stress fracture
- \* Tendonitis